

Education and Training Learning Experience Plan

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Lesson Name: Kindness Act
Topic of the Lesson: Kindness
Age Range/Grade Level/Content Area: 7-8/ 2 nd /
Materials Required: Piece of paper with a heart on it to cut out, crayons, scissors
Time Required: 30-45 minutes
TEKS or objectives: Personal/interpersonal skills. The student comprehends the skills necessary for building and maintaining healthy relationships. The student is expected to: (A) identify characteristics needed to be a responsible family member or friend; (B) list and demonstrate good listening skills; and
Introduction/Purpose: How does the way people treat you, change you inside?
Learning Activities/Step-by-Step Procedures: Give each student a heart to cut out and some crayons. Instruct each student to design their heart by coloring it how they would like, then finish cutting out the heart when done. Once everyone is finished have everyone trade hearts and sit in a circle. Read the story about someone who got bullied, and every time something mean or un-kind happens to the person in the story, have the students damage the heart in some way (tearing, crumpling...etc.) After the story, you have the student get their personal heart back that they made, and instruct them to try and make their heart make it to the way it was then they started.
Guided / Independent Practice: This is a group/ classroom activity
Closure / Summary: Make sure they understand the meaning of kindness
Assessment / Evaluation: How did you feel when you were tearing up your heart? Or when you saw someone else ripping up your heart? Were you able to get your heart back to normal? Talk about how bullying does this to a real person's heart.
Relevancy: They need to be kind to one another, and see how bullying changes people forever.
Resource Files Included: http://tea.state.tx.us